

Dover Swims

Dover Recreation

Dover Swims February 2012

Work Continues at the Jenny Thompson Outdoor Pool Bath House

Readers know from previous news articles that the bath house is getting a make-over. This month, we take you for a peak behind the scenes to explore hot water and clean air.



These are the new on-demand hot water heaters for showers. These units are designed to provide constant hot water as needed and never run out. They shut off when not in use, saving a significant amount of energy. They replace the two old 80 gallon tanks that often resulted in cold showers. Hooray for hot water!



This is the new ventilation unit for the locker rooms. It will bring in fresh air from outside and filter the air in the locker rooms. No more stale air!



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The Dover Pools are now on facebook! Log in and like us for updates, pool schedules, lesson information and more!



Dover Swims

Aqua Zumba

Known as the Zumba® "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are all part of an Aqua Zumba® class. This class integrates the Zumba® formula of Latin and International dance and music with traditional aqua fitness disciplines. Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's low-impact, cardio-conditioning, bodytoning, and most of all, exhilarating beyond belief. Ditch The Workout-Join The Pool Party!

There will be a free demo class held at the Dover Indoor Pool on Monday, February 13th from 7:00-8:00pm. Participants can choose from attending on Mondays or Wednesdays from 7:00-8:00pm beginning February 20th or 22nd. Each session will be 5 weeks and the fee is \$35 for residents and \$40 for non-residents, please sign up in advance as this promises to be a very popular class and will fill up fast.



Hydrofitness

Our Hydrofitness class at the Dover Indoor Pool is a very popular, low impact aquatics class that takes place in either the lap pool or the dive well depending upon the workout. It is available for anyone and everyone, feel free to drop in for a class, we'll even let you in for free the first time just to try it out! Hydrofitness takes place Monday, Wednesday and Friday mornings from 8:30-9:30am. See you there!

Private Swim Lessons

Proper technique, for swimming, is an essential piece to first, making swimming enjoyable, and secondly reaching your swim speed potential. To understand what your body is doing during a swim stroke is the piece that you may be missing to improve your efficiency in the water. What you think your body is doing and what it is actually doing are two very different things. If you want to improve, invest in gaining insight into your swim stroke, and ways in which you can further develop in the pool. The Dover Indoor Pool offers several options:

½ hr lesson 15.00 1hr. lesson 30.00

1 hr. lesson with video 50.00* 1hr. lesson with video and voice over analysis 75.00* 1hr. lesson with video, voice over analysis, prescriptive drills and workouts 100.00*

*Private swim lessons are available with any instructor, video analysis is offered with Vinny Johnson exclusively. Please call 516-6427 for availability.

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Dover Pool Profiles: Joe Lane

Joe Lane is a tall guy. His height alone makes him noticeable in a crowd, but his physical stature is only part of why Joe is a stand-out. As a swimmer in Seacoast Swimming Association, he has also earned recognition as a record holder in the 200 vard back stroke and as a leader on the team. He takes his swimming seriously and he has big plans.

When asked about his most meaningful moment in swimming, he replied, "I don't think it has come yet. I've cut a lot of time off my trials, and I got the team record", but Joe is looking to the future and a bigger end-goal. His immediate plans include qualifying for the Junior Nationals competition in

Palo Alto, CA in the 200 yard back stroke. "I really admire Tom Duvall, one of my old teammates. He qualified for Junior Nationals, but it wasn't easy for him when he got there. He had some disappointing set-backs, but he hammered away and did well with the 1500 free style. I guess I'm a lot like Tom in that we both keep fighting."

From the Seacoast
Swimming Association,
Joe has learned many
important life lessons.
He has learned that the
onus for reaching one's
potential depends on
working toward a goal
with a sense of purpose
and striving for excellence every day. "If you
really want to go far in
this sport, you have to
spend a lot of time doing

it. Practice is the time to build confidence." He has learned to compete by "thinking as little as possible". If he trains well and hard, when it comes time to compete, he can leave the "mental trash" doubts and fears out of the picture.

From SSA he has also learned discipline. Discipline is a key word in Joe's future. He was recently nominated by Sen. Ayotte and Rep. Guinta for appointment to the US Naval Academy at Annapolis, MD. Annapolis is his first choice, but if he is not appointed this year, he plans to attend Peddie School to refine his academic and athletic record for a second try at Annapolis. He hopes to study naval architecture. His disciplined swim-



ming training and outlook on life will serve him well as he strives to design the perfect ship and encounters the inevitable setbacks.

A successful future is a tall order, but it is one that Joe Lane seems ready to achieve. Go, Joe!

Giving to the Dover Pools

Since its inception in 2010, the **Dover Pool Advisory Committee** has been working hard to help secure the pools' financial future. Through several fundraisers and generous donations from individuals, the pools have gotten a boost of more than \$35,000 toward the city council's stated annual fundraising goal of \$50,000. Every dollar counts. Every vote of support for the pools counts. If you can, please consider making a donation and/or let your city councilors know why you support the pools.

Dover has two funds that were created in 2010 to help the financial situation of the pools. Donation to both funds are taxdeductible.

The **Dover Pool Fund** is a way for people to give directly to the pools. The Dover City Council, with guidance from the pool advisory committee, will decide how this money should be used most advantageously for pool-related expenses. This fund is the more immediate and usable form of donation. If you choose to donate in this way, please make your check payable to the City of Dover Pool Fund and mail to:

Dover Pool Fund c/o City of Dover 61 Locust St. Dover, NH 03820 The **Dover Pool Endowment Fund** was created by a generous private citizen to provide financial support for capital improvements and non-personnel related expenses at and for the pools. It is managed with the assistance of a city-appointed board and the city's trustees. As an endowment, only the interest from the fund can be used to support the pools. To donate, please make your check payable to the Dover Pool Endowment Fund and mail to:

Dover Pool Endowment Fund c/o City of Dover 61 Locust St. Dover, NH 03820



If you can afford a donation, small or grand, please give and show your support. The Dover City Council needs to see how much the pools mean to all the people of Dover and the region, now and for the future.

Thank you!!

Dover Swims

Trade in the Winter Blues for Some Upbeat Swimming News

Winter is a time of cold, but it is also a time of reduced light. For some people, fewer hours and less intense sunlight can bring on seasonal affective disorder or SAD. They might have problems with depression, getting a good night's sleep, anxiety, loss of concentration, and managing their mood. Treatments can include light therapy, medications, cognitive behavioral therapy, nutritional supplements, and our favorite, exercise. Exercise stimulates the release of endorphins, natural hormones that reduce the perception of pain and enhance a feeling of euphoria. According to Webmd.com, regular exercise, including swimming, has been proven to help:



reduce stress ward off anxiety and feelings of depression boost self-esteem improve sleep

If you are reading this, you probably are a swimmer already and know how great swimming makes you feel. At this time of year, it is also a great escape from the cold outside. If you know someone who might be sad because of winter, invite him or her to join you for a swim. You just might turn a SAD day into a GREAT (get relaxed, exercised, and trim) day. Members, be sure to request your guest pass at the front desk!



We Love Our Pool Members



As a special Valentine for those who support the pools by purchasing an annual or 6 month membership, the pool is happy to offer a FREE day pass for you to give to a friend or family member. Pick up the pass at the front desk, invite your loved one along, and enjoy a nice swim together. The pass is good for any regularly scheduled public time: rec, lap, or therapy swim. XOXO

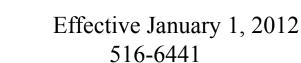
2012 Dover Swims Awareness Week Wrap-up

Dover Swims Awareness Week was a big success again this year. Many people took advantage of asking for free help with their swim strokes, participating in a free Hydrofitness class, attending the first-ever Aqua-Zumba class, learning about special swim lessons for special kids, or spending some quality time with their family at the special Sunday afternoon rec swim. The response to the "New Year's Resolution Sale" was terrific; 24 new members joined and 76 existing memberships were renewed. "Thank you" to all those who made the week a success by offering free classes and advice and to those who demonstrated that they value the pools.





DOVER INDOOR POOL SCHEDULE







Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Early Bird Lap 5:30-8:30 am	Early Bird Lap* 6:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap* 6:30-8:30 am	Early Bird Lap 5:30-8:30 am	Duo angua /D autol			
Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Program/Rental 7:00-10:00 am	Masters Swim 9:00-11:00 am		
Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Program/Rental 10:00-11:00 am	9.00-11.00 am		
Adult Lap Swim 11:00 - 1:00 pm								
Lessons/Rental 1:00-2:30 pm			Lessons/Rental 1:00-2:30 pm					
Swim Team Practice 2:30-4pm (Rec Swim T**/Sat/Sun)								
Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:00 pm	Mighty Seals 4:00-5:30 pm		
Program/Rental 7:00-8:00 pm	Masters 6:30-7:45 pm.	Program/Rental 7:00-8:00 pm	Masters 6:30-7:45 pm	Rec. Swim Renta		tals		
Adult Lap/Rec^				7:00-9:00 pm	6:00-11			

^ The Dive well may be closed during certain class times

#-3 lanes from 8-9pm

REC SWIM: At this time children **under 45 inches must have an adult in the water with them**. No lane lines will be in. No equipment is allowed in the pool, except for our life jackets. Children wearing one must a have parent in the water with them within arms length. Children are not allowed off of the diving board wearing life jackets.

FEES (yearly membership excludes Hydrofitness and Masters)



	Daily	Punch Ticket(12)	*Yearly Indoor	6 Month Indoor				
RESIDENT								
Adult	\$5.00	\$50.00	\$155.00	\$95.00				
Senior	\$3.00	\$30.00	\$70.00	\$40.00				
Youth	\$3.00	\$30.00	\$70.00	\$40.00				
NON-RESIDENT								
Adult	\$10.00	\$100.00	\$310.00	\$186.00				
Senior	\$6.00	\$60.00	\$140.00	\$84.00				
Youth	\$6.00	\$60.00	\$140.00	\$84.00				

Children age 3 and under are required to wear a swim diaper while swimming. Swim diapers are available for \$2 each.

Indoor Pool Rental \$120/Hr. (for 30 or less) Lane rentals \$40/Hr. Diving well \$40/Hr. Add add'l \$15/hr. for each group of 30 people or portion of 30 people over the original group.

^{*- 3} lanes from 630-645am

^{**-3} lanes from 230-4pm